



National Health and Nutrition Examination Survey

Final Report of Findings

These measurements were obtained as part of a survey and do not represent a medical diagnosis. Interpretation of these measurements must be made by a physician.

Date of Examination: July 1, 2005
Participant Name: John Doe
Participant Age:
Participant Gender: Male
SP ID: 123456

Body Measurements

Height: 5'8"
Weight: 174 lbs.

For a person of your height, your weight is above the range of a healthy weight, and you may be overweight

Blood Pressure & Heart Rate

	Your Measurements	Normal
Systolic Blood Pressure:	142 mm Hg	< 120
Diastolic Blood Pressure:	88 mm Hg	< 80
Resting Pulse Rate:	64 bpm	

Your blood pressure today is high, based on the Seventh Report of the Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. NIH Publication, 2003

Dental

The oral health screening should not replace a dental exam by a dentist. No x-rays were taken. The findings are solely the result of what can be seen at the time of the screening.

After looking at your teeth we found that you may need dental care. Our screening is not a diagnosis. You should make an appointment with your dentist at your earliest convenience to have a detailed examination, diagnosis and treatment.



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Vision

We have done a quick check of your vision today. Our exam is not as precise as an eye exam done by an eye doctor. These values may differ from a vision exam you may have by an ophthalmologist, optometrist or optician.

With glasses:

In your right eye your distance vision is **20/25**.

In your left eye your distance vision is **20/20**.

This is a good level of vision. We have not done a full eye examination, so you should continue your usual schedule of periodic examinations by your eye doctor.

Fitness Test

Your fitness test was done on a treadmill. The test consisted of a warm-up, two exercise periods (stage 1 and stage 2), and a recovery period. The table below shows your test results.

Stage	Required Time	Your Time	Your Heart Rate
Warmup	2 min	2 min	107 bpm
Stage 1	3 min	3 min	126 bpm
Stage 2	3 min	3 min	156 bpm
Recovery	2 – 3 min(s)	2 min	104 bpm

During this exercise your maximum incline on the treadmill was 9% on the treadmill and your maximum speed was 3.1 mph. Compared with other people of your age and sex, your cardiovascular fitness level is low.

Hearing

The softest sounds you are able to hear are called hearing thresholds. Your thresholds at different frequencies (itches) are reported in the table below. The lower pitched sounds are towards the left of the table and the higher pitched sounds are toward the right. Values of 25 dB or less are considered normal hearing.

Hearing Levels by Ear and Frequency (Air Conduction)

	Frequency (Hz)						
	500	1000	2000	3000	4000	6000	8000
Right Ear (dB HL)	0	0	5	5	5	15	30
Left Ear (dB HL)	5	0	10	5	10	25	10

Your hearing was tested by a trained examiner. Results indicate a slight hearing loss (a few thresholds outside normal limits) in your right ear. In your left ear, results indicate that your hearing is entirely within normal limits.



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Laboratory

Complete Blood Count	Result	Units	Flag	Reference Range
White Blood Count	7.4	($\times 10^9/L$)		3.9 - 12.1
Lymphocytes	23.5	(%)		17.8 - 52.8
Monocytes	7.2	(%)		0 - 12
Neutrophils	67.4	(%)		39.7 - 77.8
Eosinophils	1.9	(%)		0 - 8
Basophils	0.1	(%)		0 - 2
Red Blood Count	3.8	($\times 10^{12}/L$)		3.7 - 5.2
Hemoglobin	10.0	(g/dl)	Low	10.4 - 15.2
Hematocrit	35.0	(%)		32 - 45
MCV	78.9	(fL)		73.4 - 98.3
MCH	28.9	(pg)		23.2 - 33.3
MCHC	32.2	(g/dL)		31.4 - 35.1
RDW	12.0	(%)		11.8 - 16.6
Platelet Count	217.0	($\times 10^9/L$)		172 - 453



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Body scan and bone density

The whole body scan provides two pieces of health information; the first is your percent body fat and the second is your bone density

The body composition exam results showed that your total body fat is **39%**.

The bone density measurement can help spot persons who may be at greater risk for fracture because they have weaker bones. In general, a lower bone density means that the bone is weaker. Yet, not all men or women with low bone density will have fractures.

The results from your hip (left) scan show:

Hip bone density 1.32 g/cm²

Z-score 1.6

Compared with men your age, your hip bone density is normal.

The results from your spine (lumbar) scan show:

Spine bone density 1.21 g/cm²

Z-score 1.2

Compared with men your age, your spine bone density is normal

Visual Field Test

We did a visual field test to find out how well you can see things peripherally or out to the side.

Your visual field test was normal in your right eye and outside normal limits in your left eye. This may suggest an eye problem, which should be evaluated by an eye doctor within the next two months.

Eye Conditions

This examination was not a complete eye examination. Only a small portion of the back of your eye, the retina, was photographed. Trained professionals evaluated the images but did not have information about your vision, eye health, or general health status. You may already know the information provided here.

Digital images of the retina

Large cup to disc ratio

The optic nerve (the main nerve going into the eye) in both eyes has changes that suggest glaucoma may be present. If you are not currently being followed by an eye doctor (ophthalmologist), it is recommended that you make an appointment.



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Allergy

Allergy tests were done for research purposes and are not a substitute for an evaluation of allergic disease by your physician.

Blood results	Result	Units	Flag	Reference range
Total IgE	69	Ku/L		<100 Ku/L

Ages 1 year and older

D. farinae (dust mite)	<<<	Ku/L		<0.35 Ku/L
D. pteronyssinus (dust mite)	<<<	Ku/L		<0.35 Ku/L
Alternaria alternata (mold)	<<<	Ku/L		<0.35 Ku/L
Cat epithelium and dander	<<<	Ku/L		<0.35 Ku/L
Dog dander	<<<	Ku/L		<0.35 Ku/L
German cockroach	<<<	Ku/L		<0.35 Ku/L
Egg	<<<	Ku/L		<0.35 Ku/L
Milk	<<<	Ku/L		<0.35 Ku/L
Peanut	<<<	Ku/L		<0.35 Ku/L

Ages 6 years and older

Common ragweed	<<<	Ku/L		<0.35 Ku/L
Ryegrass	<<<	Ku/L		<0.35 Ku/L
Bermuda grass	<<<	Ku/L		<0.35 Ku/L
White oak	<<<	Ku/L		<0.35 Ku/L
Birch	<<<	Ku/L		<0.35 Ku/L
Shellfish	<<<	Ku/L		<0.35 Ku/L
Aspergillus fumigatus (mold)	<<<	Ku/L		<0.35 Ku/L
Russian thistle	<<<	Ku/L		<0.35 Ku/L
Mouse urine proteins	<<<	Ku/L		<0.35 Ku/L
Rat urine proteins	<<<	Ku/L		<0.35 Ku/L

House Dust Allergens

	Result	Units	Flag	Reference range
Dust mite (Der p 1)	<<<	ug/g dust		<2.00 ug/g dust
Dust mite (Der f 1)	0.45	ug/g dust		<2.00 ug/g dust
Cat antigen (Fel d 1)	53.40	ug/g dust	High	<1.00 ug/g dust
Dog antigen (Can f 1)	<<<	ug/g dust		<2.00 ug/g dust
Cockroach (Bla g 1)	1.51	U/g dust		<2.00 U/g dust
Cockroach (Bla g 2)	<<<	ug/g dust		<0.09 ug/g dust
Mouse antigen (Mus m1)	<<<	ug/g dust		<1.60 ug/g dust

Some people may be sensitive to one of the above dust allergens. High levels of dust allergens may cause allergies, however they do not necessarily mean you have allergies or will get them. Dust allergen levels are still being researched, so their exact meaning is still not clear. However, your blood IgE tests to these same substances are more specific, and can tell you whether or not sensitization has occurred. If you are under the care of a doctor for allergies or asthma, you may wish to share these results with your doctor. If you aren't treated for asthma or allergies, but have allergy symptoms, you may also wish to share the result with your doctor if one or more tests are high, although an evaluation is not urgent. Allergy symptoms include itchy eyes, runny nose, wheezing, and skin rash. If you have no allergy symptoms and none of your test results are high, there is no need to follow-up with your physician.

^^^ Results still pending

--- Test not done

>>> Above the limit of detection

<<< Lower than the limit of detection



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Laboratory Test	Result	Units	Flag	Reference Range
Glucose	96	mg/dL		60 - 109
Glycohemoglobin	5.3	%		< 7.0
2-hour Glucose Tolerance Test	172	mg/dL		60 - 139
AL T	22	U/L		< 40
AST	26	U/L		< 31
Alkaline Phosphatase	41	U/L		39 - 117
Albumin	4.1	g/dL		3.2 - 5.2
Bicarbonate	24	mmol/L		22 - 29
BUN	8	mg/dL		6 - 19
Calcium	9.4	mg/dL		8.4 - 10.2
Cholesterol	246	mg/dL	high	< 200
Triglycerides	129	mg/dL		< 150
HDL	107	mg/dL		> 39
LDL	83	mg/dL		< 130
Serum Creatinine	0.8	mg/dL		0.4 - 1.2
GGT	20	U/L		11 - 51
LDH	100	U/L		94 - 250
Phosphorus	4.2	mg/dL		2.6 - 4.5
Sodium	137	mmol/L		133 - 145
Potassium	3.6	mmol/L		3.3 - 5.1
Chloride	103	mmol/L		96 - 108
Total Protein	6.8	g/dL		5.9 - 8.4
Uric Acid	4.0	mg/dL		3.4 - 7.0
Bilirubin	0.9	mg/dL		0 - 1.0
Eryt. Protoporphyrin	40	ug/dL RBC		0 - 70
Serum Folate	9	ng/mL		2 - 21
RBC Folate	245	ng/mL RBC		70 - 424
Serum Ferritin	52	ng/mL		15 - 570
Iron	157	µg/dL		22 - 163
TIBC	382	µg/dL		247 - 455
Transferrin Saturation	41	%		16 - 60
Total PSA	1.7	ng/mL		0 - 4
Vitamin B12	509	µg/dL		204 - 1261
Parathyroid hormone	52	pg/mL		10 - 65
Blood Lead	1.7	µg/dL		0 - 20
Cadmium	0.4	µg/L		0.3 - 1.2
Total Blood Mercury	0.6	µg/L		< 10.0

Results that are flagged "high" or "low" may indicate a health problem. You may wish to share these results with your doctor.

^^^ Results still pending

--- Test not done

<<< Lower than the limit of detection

Number of hours fasted prior to blood draw: **12 hours**